

stroke or other life-changing injuries. Often, it is a long road to recovery.

An active lifestyle can help lower blood pressure, boost levels of good cholesterol, improve blood flow, and more. Cardiovascular disease, including heart disease and stroke, remain the leading cause of death globally; but, by making healthy choices, including a balanced diet and regular exercise, individuals can lower their risk for cardiovascular disease by as much as 80 percent.

I hope that Heart Month 2019 inspires more Americans to take control of their cardiovascular health and to begin a healthy lifestyle journey.

CONGRATULATING THE PRESIDENT ON THE STATE OF THE UNION ADDRESS

(Mr. LAMALFA asked and was given permission to address the House for 1 minute and to revise and extend his remarks.)

Mr. LAMALFA. Madam Speaker, I rise today to recognize President Trump's effort last night and to congratulate him on his State of the Union Address.

The President's message was indeed clear. America has unlimited potential; we just have to unlock it.

Under the 2 years of this administration, the economy has consistently added jobs at record rates while simultaneously growing wages.

According to a CBS poll last night, 76 percent of Americans approved of what they heard the President say. Even more telling, 72 percent said they approve of the President's ideas on immigration and our border. It shouldn't be a surprise, either, that most Americans agree we need increased border security and we need it now.

Since a physical barrier was constructed in San Diego, California, 23 years ago, illegal immigration has plummeted in that region by 92 percent. That is just one of many examples.

We have a limited window of time with our current 3-week agreement, and what with more caravan hordes amassing below our southern border, we need to take action.

NEED FOR COMPREHENSIVE IMMIGRATION REFORM

The SPEAKER pro tempore. Under the Speaker's announced policy of January 3, 2019, the gentleman from New York (Mr. ESPAILLAT) is recognized for 60 minutes as the designee of the majority leader.

Mr. ESPAILLAT. Madam Speaker, I am glad to see yet another member of our Congressional Hispanic Caucus presiding over the House this afternoon, as I had the distinct honor of doing yesterday.

Madam Speaker, I have the privilege of serving as the whip of the Congressional Hispanic Caucus during this, the 116th congressional session, which is

the most diverse in the history of this august body.

This Congress, we celebrate the largest class of Latino Members of Congress in the history of the United States of America.

We are proud of the diversity and the talent in our caucus. We boast about Members representing communities across our Nation, from as far as Guam to the Northern Mariana Islands; leaders from all walks of life—doctors, lawyers, labor organizers, teachers, clean-energy experts—leaders of all different Hispanic heritage, some born right here in the United States and others who came here with their families to pursue the American Dream from Mexico; from Puerto Rico; from Guatemala; from Cuba; some Portuguese; some Ecuadorian, as yourself, Madam Speaker; and, of course, from the Dominican Republic, as myself.

As the CHC's whip, I want to showcase this incredible diversity of talent, expertise, and culture. That is why we are organizing these monthly CHC special order hours. Each month, Members of our caucus will join me to discuss a set of issues affecting Hispanic communities across America.

The issue we are discussing tonight will come as no surprise to anyone: the need for comprehensive immigration reform.

The Congressional Hispanic Caucus has been working over the past few weeks to lay out our border immigration reform principles, and we have been working closely with House leadership as policies are put forward on this critical issue.

Tonight, you will hear from a number of colleagues in the CHC about why we believe we must fix our broken immigration system, but first, let me start with a brief history.

Let me start with the history of a young Guatemalan mom named Yeni Gonzalez. Madam Speaker, last night in this very Chamber, we heard from the President of the United States, and, once again, he painted immigrants as violent criminals, claiming that the only way to keep America safe is a useless, medieval wall along our southern border.

By all accounts, President Trump has made immigrants demons. He has demonized immigrants, especially undocumented immigrants, as a central theme of his presidency, and last night was, by no means, any exception.

As a former undocumented immigrant myself, I see it as my mission to counter the many lies coming from the White House pertaining to immigrants. One of the ways we can do that is to introduce the American people to immigrants and to tell them our compelling stories.

That is why I brought, as my guest, to the State of the Union this young Guatemalan mom, Yeni Gonzalez, one of the many people impacted by the Trump administration's hateful and heartless zero tolerance policy.

Yeni and her family, as I said earlier, are refugees from Guatemala. Yeni is

from a small agricultural town and grew fearful for her children's safety as violence continued to surge in her community and throughout Central America.

In the face of break-ins at her home and worried that violent gangs would try to recruit her 11-year-old son, Yeni did what any mom would do, what any reasonable mom would do; She chose to seek safety.

Yeni got herself and her children all the way through Mexico and up to Yuma, Arizona, where she was apprehended by Border Patrol.

She was not charged with a single crime. No one pressed any charges against her. Still, she was taken into custody and placed in an immigration detention facility where our own American government treated her in ways in which we condemn other governments across the world for treating others.

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The facility she was held in became known as the Icebox, and I want to tell the American people what that is, the Icebox. Because it is so brutal and so uncomfortably cold, many immigrants who were held there called it the Icebox.

According to Yeni, no one was given any food to eat for 2 straight days, not even her young children. A few days later, Yeni watched as her children were being released from detention, but she was forced to stay; and what is worse, no one would tell her where they were being sent to.

Imagine just for a moment, Madam Speaker, you fled your home, the only place you have ever known, because it is no longer safe to be there, with your children. You travel a long journey, nearly 1,000 miles, just to get your kids to a place that is safe. You arrive in this new place hoping to find some security, and what happens to you? You are locked up in a freezing cell called the Icebox, given no food to eat, and have your children sent off without you knowing where they really are. You left a violent place to give your children a better, safer life, and you have them taken away from you.

The horrors this woman was forced to suffer are beneath the values upon which this great Nation was founded. But despite the cruel policies of the current administration, the kindness and good will of the American people has not, for one moment, wavered.

Yeni was eventually released and able to touch base with a relative in North Carolina. She found out her children were sent to a facility in my own congressional district in Manhattan, in Harlem. And through the work and support of volunteers, complete strangers who never met her before, just trying to do the right things and right the wrongs of their government, Yeni was driven all the way across the country. It was a cross-country trip that she took to finally reunite with her children.

I was able to work with her attorneys and the foster care facility to finally